

18015 HEALTH EDUCATION

Institutions will be expected to demonstrate the use of performance assessments within their programs. Examples of such assessments are provided as a guideline with each standard. Institutions are not restricted to using the examples listed, but may develop others that demonstrate candidates' ability to apply what they have learned in the K-12 school setting.

18015.1 The program requires study of personal health over the life span. The program includes the dimensions of health (social, physical, intellectual, emotional, spiritual) including the changes that occur throughout life and how these changes differ among individuals. It includes (a) emotional and mental health; (b) physical fitness; (c) nutrition; and (d) the effects of substance abuse on emotional, physical, and social health. The program uses a variety of performance assessments of candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- analyze the dimensions of health (social, physical, intellectual, emotional, spiritual) relative to a health topic, note the changes that occur throughout life, and how these changes could differ among individuals;
- evaluate current practices in our society and culture as they relate to fitness and nutrition;
- evaluate the effectiveness of a specific fitness and/or nutrition program;
- develop problem solving skills regarding the use, misuse and abuse of drugs;
- use data to identify the relationships between the use of substances and domestic violence, motor vehicle crashes/deaths, date rape, etc.;
- foster the development of conflict resolution skills.

18015.2 The program requires study of health promotion and disease prevention including: communicable diseases (including HIV/AIDS, Sexually Transmitted Infections) and noncommunicable diseases (including chronic and degenerative). Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- analyze the impact of personal health behaviors on preventable diseases;
- research the relationship between stress and disease;
- evaluate the effects of emotional health and productivity in relation to personal wellness.

18015.3 The program requires study of decision-making skills related to the ability to access and evaluate health related information, including consumer selection of health products and professional services. Use a variety of performance

assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- evaluate resources from home, school, and the community that present health information, products and services;
- compare and contrast factors that influence personal selection of health care resources, products, and services;
- identify situations that require professional health services in the areas of prevention, treatment, and rehabilitation;
- research data on the effectiveness of alternative treatments, i.e., herbal, acupuncture, on chronic and degenerative diseases.

18015.4 The program requires study of the physical, social and emotional aspects of human sexuality and parenting. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- compare and contrast physical, intellectual, social, and cultural factors that influence attitudes and behaviors regarding sexuality, relationships, and families;
- understand the importance of prenatal and perinatal care to both mother and child;
- compare and contrast abstinence-based and abstinence-only curriculum in the prevention of STIs and teen pregnancies;
- role-play or present (via guest speakers, videos ect.) teen parenting situations.

18015.5 The program requires study of human growth and development, including: structure and function of the human body: the principles of human physiology and anatomy, body chemistry, and genetics. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- analyze the impact of personal health behaviors on the functioning of body systems;
- compare and contrast how the health of an individual changes through various life stages;
- relate current scientific information to an individual's longevity and the quality of life;
- research a rare or common disease, i.e., progeria, common cold, and analyze why treatments or cures have been ineffective.

18015.6 The program requires study of safety issues, first aid/CPR, and emergency care. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- recognize hazardous conditions on the playground, in the classroom, and elsewhere in the school and take appropriate action to eliminate or correct such conditions;
- apply standards for safety, hygiene, and sanitation needed in schools to provide a safe and healthful environment;
- evaluate school safety/violence prevention programs, policies and the physical security measures to ensure a safe healthy climate;
- develop and produce a commercial or public service announcement related to safety issues.

18015.7 The program requires study of personal, family, community and environmental health. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- examine a public health policy or government regulation, i.e. nuclear waste, and articulate the supporting research and its impact on health related issues;
- identify the components of a healthy environment;
- analyze how the environment or culture influences the health of the community;
- identify school and community health councils and services provided;
- integrate healthful environmental aspects into the health instruction program;
- engage in positive advocacy relative to health topics.

18015.8 The program requires study of common physical and mental adaptations necessary to accommodate special needs students. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- define the common terminology, acronyms or abbreviations related to special needs, i.e., diabetes, asthma , LD, ADHD, and be able to design needed modifications;
- recognize the significance of students' health problems and potential effects on learning;
- identify and use a variety of techniques and procedures to determine the health needs and interests of all students.

18015.9 The program requires the study of development, implementation, administration, and evaluation of health education programs in conjunction with voluntary,

community, and other health agencies. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- write a defense for inclusion of comprehensive health education in the school curriculum;
- formulate a plan to implement a total school health program;
- identify the role of the teacher in each of the school health program components: services, environment and instruction.

18015.10 The program requires the study of teaching health and current trends in health education including skills involved in problem-solving, decision-making, communication, and goal setting; with an examination of a variety of teaching methods and techniques. The program uses a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- develop effective, age appropriate health units based on the needs and interests of students;
- purposefully link active learning strategies to course objectives and assessments;
- apply a variety of stimulating and motivating teaching techniques derived from fundamental principles of learning;
- use "teachable moments" or incidents that occur in the classrooms, in the school or in the community;
- demonstrate humane and respectful treatment of all students;
- motivate students' cooperative learning for various purposes: decision making, problem solving, conflict resolution, and stress management;

18015.11 The program requires the study of current, appropriate instructional technologies. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

Examples of performance assessments may include how to:

- demonstrate appropriate use of various instructional technologies;
- select and use appropriate technology tools specific to health education;
- use technology to effectively manage communications, instructional planning, and record keeping.

History:

Revised August 12, 2005, mandatory for visits July 1, 2006.

Revised January 27, 2004, mandatory for visits July 1, 2006.

Effective date March 2000, mandatory for visits March 2002.